



Diabetes Control Is Worth the Effort!

Diabetes causes your blood sugar (glucose) level to be too high. Over time, high blood glucose levels can damage your eyes, nerves, kidneys, heart and blood vessels. Fortunately, you may be able to prevent or delay these serious complications by keeping your blood glucose under good control.

Talk to your doctor about a diabetes management plan that includes medication, diet, exercise and other day-to-day care of your diabetes. Know how to check your blood glucose, and what to do when it is either too high or too low.

Monitor your blood glucose level

Monitoring your blood glucose level gives you feedback on how well you are managing your diabetes.

✓ Have a hemoglobin A1c (HbA1c) blood test

Check the longer-term picture of your diabetes control with HbA1c, a blood test that measures the amount of sugar attached to the protein in your red blood cells. Generally, the HbA1c blood test is done every three to six months, depending on your diabetes treatment and level of control. Comparing results with previous tests helps you and your doctor set goals for your diabetes care and work toward better control.

If your HbA1c results are near target – 7 percent or less – you are managing your diabetes. Higher results put you at greater risk for developing diabetes complications. Ask your doctor how often you need the HbA1c test, especially if you haven't had one in the last year.

✓ Self-monitor your blood glucose

You can easily and quickly check if your blood glucose is in the target range at that specific time with a glucose meter, a small device that measures the glucose level with a drop of blood.

The normal range of fasting blood glucose, taken each morning before eating or taking medications, is between 80 and 120 mg/dL.

Ask your doctor about the target range for you, and how often and when you should test your blood. Typically, you should check your glucose level at the same time each day. Keep a record of your results so you can see how well you are controlling your diabetes.

Use your results to help manage your care

Your doctor can advise you how to adjust your diet and activities if your results are higher or lower than targeted. Learn to recognize how certain foods, activities, medicines and stress affect your blood glucose level. Eating too much food, feeling stressed or being sick can raise your blood glucose. Exercising can decrease your blood glucose level.

- If your blood glucose is occasionally too high or low, you can adjust your diet and activities on that particular day to get back to the target range.
- If your blood glucose is regularly outside of the target range, your meals, medications and exercise are not working together to control your diabetes. Call your doctor to discuss changing your diet, activities or medications.

Many resources are available to help you manage your diabetes:

- Ask your doctor for diabetes materials.
- Contact the American Diabetes Association at (800) 232-3472 or www.diabetes.org.
- Look for health information through Blue Access® for Members at www.bcbsil.com.

Order a Glucose Meter →

Be informed about diabetes care!

This information is not intended to be a substitute for professional medical advice. If you are under the care of a doctor and receive advice contrary to the information contained in this flier, follow the doctor's advice. See your doctor if you are experiencing any diabetes symptoms or health problems.



Glucose Meters Are Available to You!

Blue Cross and Blue Shield of Illinois offers glucose meters to members with diabetes – *at no additional charge* – to help you manage your condition. Take control of your diabetes by regularly monitoring your blood glucose level and keeping it in or near the normal range. If you are newly diagnosed with diabetes or do not have a meter, you are especially encouraged to take advantage of this special offer.

To order a glucose meter: You can order a meter from either Roche or Abbott. A prescription is not needed. Review the descriptions below and talk to your doctor about which meter best suits your needs. Then, call the toll-free phone number listed for the meter you selected. Identify yourself as a Blue Cross and Blue Shield of Illinois member and provide the group number on your member ID card. You should receive the meter, instructions and a sample kit of supplies within three weeks.

This offer is available only to current Blue Cross and Blue Shield of Illinois members, through December 31, 2007. Members who do not have a glucose meter or need a replacement can request one meter a year. The meters described below may be replaced with new models. If you prefer a different glucose meter, check your health plan's benefits. Generally, you can purchase one and submit a medical claim for durable medical equipment and be reimbursed according to your plan's benefits.

Accu-chek® meters from Roche

Call (888) 355-4242 toll free to order an Accu-chek® meter.
For detailed meter descriptions, go to www.accu-chek.com.



Accu-chek® Compact Plus® System

- Convenient preloaded drum of 17 test strips
- Results in five seconds
- Allows testing in fingers, palms, arms and legs
- Saves up to 300 results and calculates 7, 14 and 30-day averages



Accu-chek® Aviva™

- Wider test strip helps collect blood sample on first try
- Preloaded drum of six lancets
- Results in five seconds
- Allows testing in fingers, palms, arms and legs
- Saves up to 500 results and calculates 7, 14 and 30-day averages

FreeStyle and Precision meters from Abbott

Call (866) 224-8892 toll free to order one of these meters.
For detailed meter descriptions, go to www.abbottdiabetescare.com.



FreeStyle Flash®

- Very small blood sample needed makes testing easy and comfortable
- Results in about seven seconds
- Allows testing in fingers, hands, arms and legs
- Four daily programmable alarms for testing reminders
- Saves 250 results with 14-day average



FreeStyle Freedom™

- Very small blood sample needed makes testing easy and comfortable
- Results in five seconds
- Allows testing in fingers, hands, arms and legs
- Large display provides easy-to-read results
- Large buttons make meter navigation easy



Precision Xtra

- Large, brightly lit display is easy to read
- Results in five seconds
- Tests for blood glucose and blood ketones in one meter

Managing Your Diabetes →

Note: Members who are legally blind can request a voice-activated glucose meter. Call Blue Cross and Blue Shield of Illinois' Quality Improvement Department at (312) 653-3465.